



# Nevada Clean Indoor Air Act



## SMOKING CESSATION RESOURCES

### STATEWIDE

#### **Nevada Tobacco Users' Helpline**

**1-800-QUIT-NOW (1-800-784-8669)**

The Helpline provides confidential and individualized telephone-based nicotine dependence treatment, in both English and Spanish.

*Service hours:* M-F- 10 am to 9 pm, Saturday – 10 am – 2 pm

*Cost:* Free. The Helpline may also be able to provide reduced cost nicotine replacement therapy.

#### **American Lung Association – Freedom from Smoking online service**

<http://www.ffsonline.org>

Free online cessation services available.

### NORTHERN NEVADA

#### **American Lung Association – N-O-T (Not On Tobacco) – Smoking cessation services of teens**

**775-829-5864**

N-O-T is the American Lung Association's school-based voluntary program designed to help high school students stop smoking, reduce the number of cigarettes smoked, increase healthy lifestyle behaviors and improve life management skills.

#### **Renown – Quit for Good**

**775-982-5073**

Classes are held the first four Wednesdays of the month and meets once a week for four weeks. The program provides a support group environment and individualized instruction for each participant. The program also includes two Pulmonary Function tests, which measure lung capacity. The first test is performed at the start of the program and the second test is offered six months after the participant stops smoking.

#### **Saint Mary's – Breathe Easy**

**775-770-7100 for registration**

**775-770-6210 for questions**

The program consists of four 1 1/2 hour classes taught by a registered nurse. HealthFirst members who attend the Breathe Easy classes have a pharmacy benefit for tobacco cessation medications. This also applies to Health Choice members who have pharmacy benefits. Please call HealthFirst Member Services at 770-6060 for more information.

Cost is \$25 for HealthFirst members, Health Choice members, Saint Mary's employees and volunteers; \$75 for the community.

**Nevada State Health Division  
4150 Technology Way, Suite 101  
Carson City, Nevada 89706  
(775) 684-5900**

**<http://health2k.state.nv.us/tobacco/index.htm>**



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## **SOUTHERN NEVADA**

**Nevada Tobacco Users' Helpline**  
**702-877-0684**

**Health Plan of Nevada's Health Education and Wellness Division – Stop Smoking**  
**702-877-5356**  
**1-800-720-7253**

This program includes an evidence-based treatment plan, one-on-one consultation with a Tobacco Cessation Counselor, three months in a personalized behavior modification program, three months of personalized medication (depending on assessment), and member follow-up as needed. To be eligible, you must be a member of Health Plan of Nevada, Senior Dimensions, SmartChoice, or Nevada Check Up.

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